



National Nutrient Database for Standard Reference  
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Statistics Report 01276, Yogurt, Greek, strawberry, DANNON OIKOS

Report Date: July 16, 2017 18:28 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <sup>1</sup>	g	76.60	6	0.058	76.4	76.8	5.0	76.452	76.748	1	Analytical or derived from analytical	--	07/2014
Energy	kcal	106	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2014
Energy	kJ	443	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2014
Protein <sup>1</sup>	g	8.25	6	0.073	8.09	8.54	5.0	8.064	8.44	1	Analytical or derived from analytical	--	07/2014
Total lipid (fat) <sup>1</sup>	g	2.92	6	0.070	2.6	3.1	5.0	2.736	3.097	1	Analytical or derived from analytical	--	07/2014
Ash <sup>1</sup>	g	0.56	6	0.019	0.49	0.61	5.0	0.515	0.615	1	Analytical or derived from analytical	--	07/2014
Carbohydrate, by difference	g	11.67	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2014
Fiber, total dietary <sup>1</sup>	g	1.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
Sugars, total <sup>1</sup>	g	11.00	3	0.119	10.84	11.23	2.0	10.487	11.515	1	Analytical or derived from analytical	--	07/2014

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Sucrose <a href="#">1</a>	g	3.71	3	0.106	3.58	3.92	2.0	3.254	4.166	1	Analytical or derived from analytical	--	07/2014
Glucose (dextrose) <a href="#">1</a>	g	0.30	3	0.061	0.18	0.39	2.0	0.039	0.564	1	Analytical or derived from analytical	--	07/2014
Fructose <a href="#">1</a>	g	4.12	3	0.040	4.08	4.2	2.0	3.948	4.292	1	Analytical or derived from analytical	--	07/2014
Lactose <a href="#">1</a>	g	2.33	3	0.040	2.25	2.38	2.0	2.156	2.504	1	Analytical or derived from analytical	--	07/2014
Maltose <a href="#">1</a>	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2014
Galactose <a href="#">1</a>	g	0.54	3	0.006	0.53	0.55	2.0	0.515	0.565	1	Analytical or derived from analytical	--	07/2014
Starch <a href="#">1</a>	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a>	mg	86	6	1.088	82	89	5.0	83.519	89.114	1	Analytical or derived from analytical	--	07/2014
Iron, Fe <a href="#">1</a>	mg	0.07	6	0.003	0.06	0.08	5.0	0.059	0.075	1	Analytical or derived from analytical	--	07/2014
Magnesium, Mg <a href="#">1</a>	mg	10	6	0.107	9	10	5.0	9.628	10.179	1	Analytical or derived from analytical	--	07/2014

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Phosphorus, P <a href="#">1</a>	mg	110	6	1.057	106	113	5.0	106.784	112.216	1	Analytical or derived from analytical	--	07/2014
Potassium, K <a href="#">1</a>	mg	131	6	1.476	125	135	5.0	126.873	134.46	1	Analytical or derived from analytical	--	07/2014
Sodium, Na <a href="#">1</a>	mg	34	6	0.459	33	36	5.0	32.954	35.313	1	Analytical or derived from analytical	--	07/2014
Zinc, Zn <a href="#">1</a>	mg	0.39	6	0.009	0.35	0.41	5.0	0.366	0.413	1	Analytical or derived from analytical	--	07/2014
Copper, Cu <a href="#">1</a>	mg	0.018	6	0.001	0.01	0.02	5.0	0.015	0.021	1	Analytical or derived from analytical	--	07/2014
Manganese, Mn <a href="#">1</a>	mg	0.034	6	0.001	0.03	0.04	5.0	0.03	0.037	1	Analytical or derived from analytical	--	07/2014
Selenium, Se <a href="#">1</a>	µg	9.5	3	0.524	8.8	10.5	2.0	7.213	11.721	1	Analytical or derived from analytical	--	07/2014
<b>Vitamins</b>													
Thiamin	mg	0.036	--	--	--	--	--	--	--	1	Calculated or imputed	01256	07/2014
Riboflavin <a href="#">1</a>	mg	0.227	3	0.037	0.18	0.3	2.0	0.067	0.386	1	Analytical or derived from analytical	--	07/2014
Niacin <a href="#">1</a>	mg	0.210	3	0.000	0.21	0.21	--	--	--	1	Analytical or derived from analytical	--	07/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid <sup>1</sup>	mg	0.390	2	--	0.38	0.4	1.0	--	--	1	Analytical or derived from analytical	--	07/2014
Vitamin B-6 <sup>1</sup>	mg	0.050	3	0.001	0.05	0.05	2.0	0.046	0.053	1	Analytical or derived from analytical	--	07/2014
Vitamin B-12 <sup>1</sup>	µg	0.56	2	--	0.49	0.64	1.0	--	--	1	Analytical or derived from analytical	--	07/2014
Vitamin A, RAE	µg	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
Carotene, beta <sup>1</sup>	µg	8	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
Carotene, alpha <sup>1</sup>	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
Cryptoxanthin, beta <sup>1</sup>	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
Vitamin A, IU	IU	13	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
Lycopene <sup>1</sup>	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
Lutein + zeaxanthin <sup>1</sup>	µg	3	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin D (D2 + D3)	µg	0.0	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
Vitamin D2 (ergocalciferol) <sup>1</sup>	µg	0.0	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2014
Vitamin D3 (cholecalciferol) <sup>1</sup>	µg	0.0	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2014
Vitamin D <sup>1</sup>	IU	0	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2014
<b>Lipids</b>													
Fatty acids, total saturated	g	1.832	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2014
4:0 <sup>1</sup>	g	0.069	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
6:0 <sup>1</sup>	g	0.053	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
8:0 <sup>1</sup>	g	0.035	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
10:0 <sup>1</sup>	g	0.093	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
12:0 <sup>1</sup>	g	0.093	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:0 <a href="#">1</a>	g	0.292	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
15:0 <a href="#">1</a>	g	0.031	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
16:0 <a href="#">1</a>	g	0.859	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
17:0 <a href="#">1</a>	g	0.019	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
18:0 <a href="#">1</a>	g	0.285	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
20:0 <a href="#">1</a>	g	0.004	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
22:0 <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
24:0 <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
Fatty acids, total monounsaturated	g	0.745	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2014
14:1 <a href="#">1</a>	g	0.028	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014

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15:1 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
16:1 undifferentiated <sup>1</sup>	g	0.048	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
16:1 c <sup>1</sup>	g	0.039	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
16:1 t <sup>1</sup>	g	0.009	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
17:1 <sup>1</sup>	g	0.006	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
18:1 undifferentiated <sup>1</sup>	g	0.657	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
18:1 c <sup>1</sup>	g	0.598	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
18:1 t <sup>1</sup>	g	0.059	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
20:1 <sup>1</sup>	g	0.006	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
22:1 undifferentiated <sup>1</sup>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 c <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
22:1 t <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
24:1 c <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
Fatty acids, total polyunsaturated	g	0.131	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2014
18:2 undifferentiated <sup>1</sup>	g	0.107	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
18:2 n-6 c,c <sup>1</sup>	g	0.078	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
18:2 CLAs <sup>1</sup>	g	0.012	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
18:2 t not further defined <sup>1</sup>	g	0.017	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
18:3 undifferentiated <sup>1</sup>	g	0.013	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
18:3 n-3 c,c,c (ALA) <sup>1</sup>	g	0.013	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014

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18:3 n-6 c,c,c <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
18:3i <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
18:4 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
20:2 n-6 c,c <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
20:3 undifferentiated <sup>1</sup>	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
20:3 n-6 <sup>1</sup>	g	0.003	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
20:4 undifferentiated <sup>1</sup>	g	0.005	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
20:5 n-3 (EPA) <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
22:4 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
22:5 n-3 (DPA) <sup>1</sup>	g	0.003	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014

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22:6 n-3 (DHA) <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
Fatty acids, total trans	g	0.085	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2014
Fatty acids, total trans-monoenoic	g	0.068	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2014
Cholesterol <sup>1</sup>	mg	13	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014

#### Sources of Data

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 18d, 2014 Beltsville MD